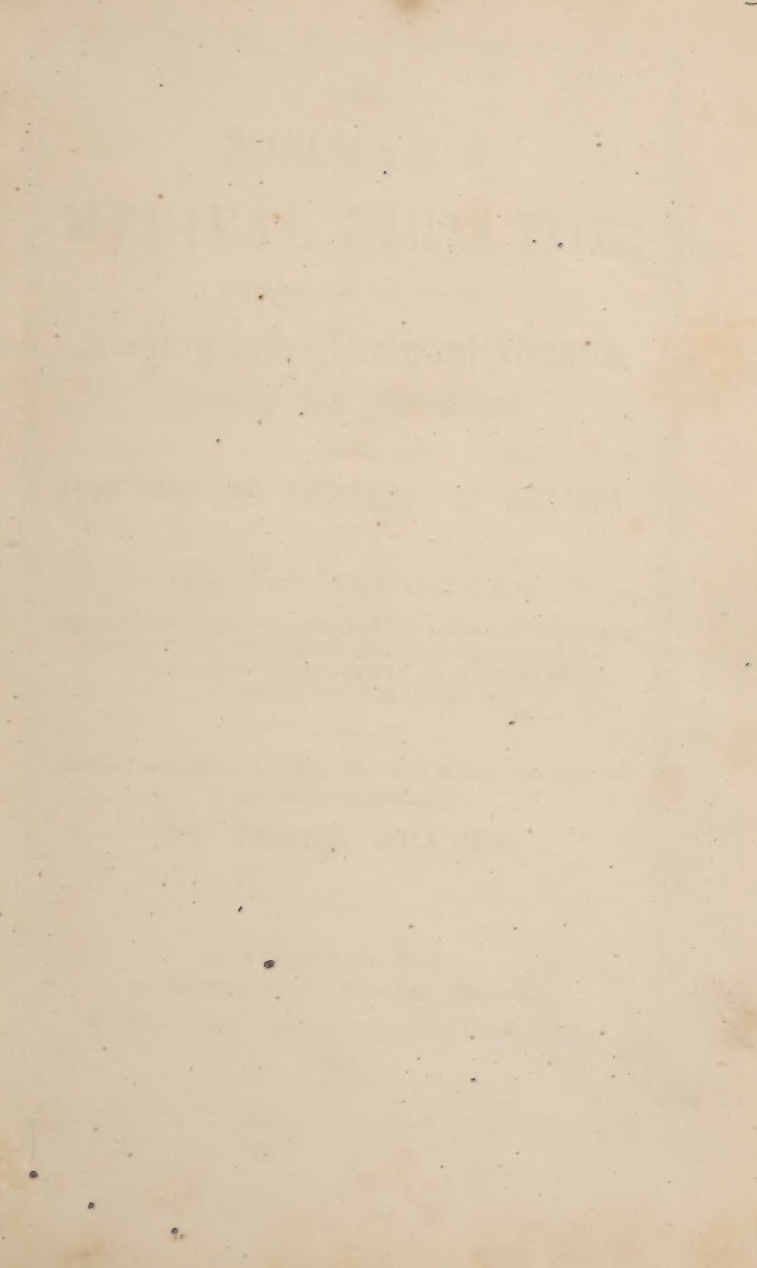


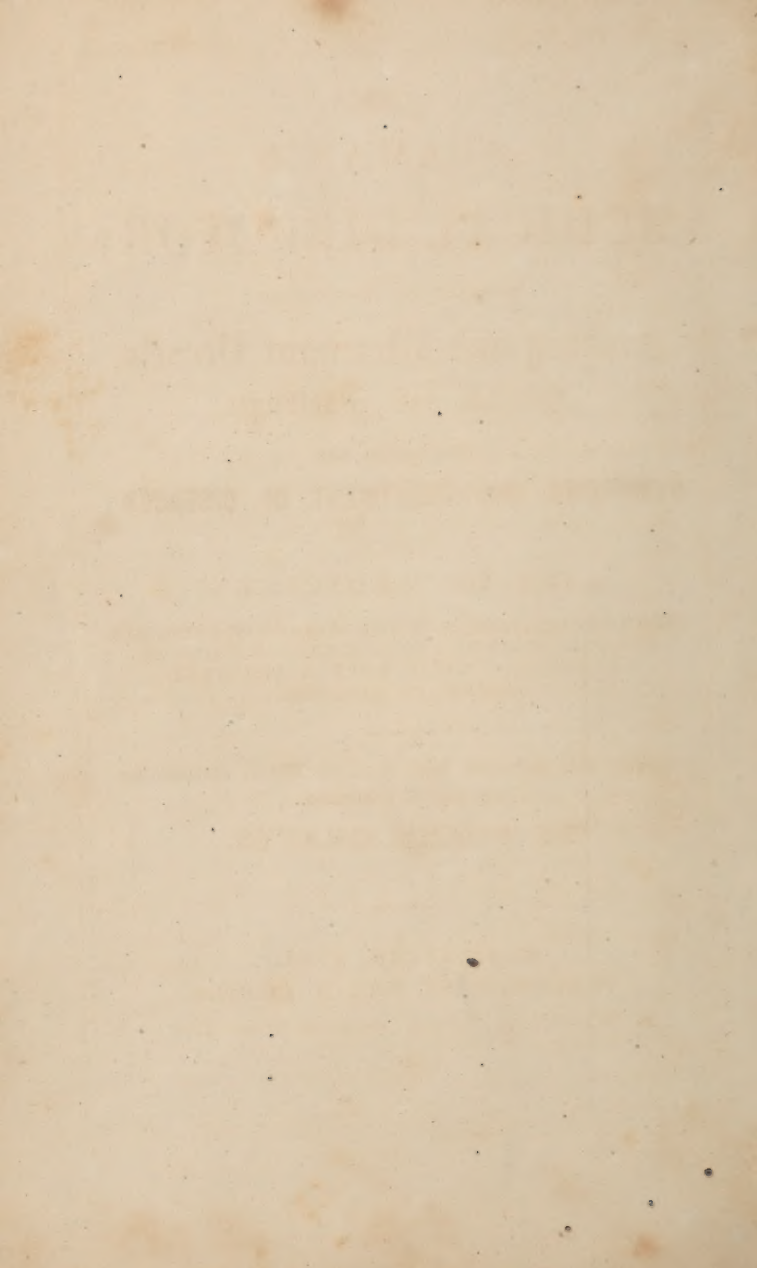
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WITHDRAWN







THE
SEAMAN'S
MEDICAL DIRECTOR;

DESIGNED FOR THE USE OF

Fishing and Merchant Vessels,
Families and Plantations.

CONTAINING THE

SYMPTOMS AND TREATMENT OF DISEASES ;

WITH A

LIST OF MEDICINES,

THEIR APPLICATIONS AND THE MANNER OF USING ALL
THE PREPARATIONS AND INSTRUMENTS FOUND IN
A MEDICINE CHEST WHEN A PHYSICIAN
CANNOT BE OBTAINED.

Adapted with Selections from Standard Works, specially for
the use of Fishermen.

BY FRANK GRAVES.

MARBLEHEAD, MASS.:

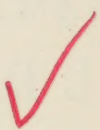
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INTRODUCTION.

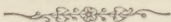
IN bringing this work before the public, the presumption was not used to rely wholly on any one's sole experience in the matter, but recourse was had to standard works and the assistance of eminent Physicians. The endeavor has been to make it brief and comprehensive, having in view the necessities of the sailor and the domestic circle, when the services of a Physician cannot be procured. After nearly twenty years experience in compounding and dispensing medicines, and having seen so much neglect in supplying vessels with proper Medicine Chests, I have concluded to give it particular, and in its season exclusive attention, as an important branch of business.

My object therefore in publishing this work, is to furnish the requisite information in regard to the proper and careful use of the medicines therein contained.

In conclusion it may perhaps be pertinent to suggest a few remarks in regard to selecting a Medicine Chest. The quality of the medicines is of the utmost importance; each article should be carefully selected, and of the best, and arranged so as to completely exclude the air and dampness, as these have a tendency to injure their medical properties and virtue.


A Medicine Chest should not only contain the requisite variety

of medicines but also the proper quantity of each preparation. It frequently happens when there is much sickness on board that the medicine is soon exhausted from the small quantity furnished, in consequence of which the sickness is often prolonged and the services of the patient lost. None but experienced and competent persons should be selected to replenish Medicine Chests, such as the owner would be willing to have dispensed for his own family. A few dollars saved in purchasing a Medicine Chest, are frequently lost in the expense of navigating the vessel, from loss of services by sickness. The fare or trip is broken up and the profitable prospects are destroyed forever.



FRANK. GRAVES,
DRUGGIST & APOTHECARY,
93 Washington Street, opposite the Town Hall,
Marblehead, Mass.

DEALER IN
DRUGS, MEDICINES & CHEMICALS ;
FANCY AND TOILET ARTICLES :
SPONGE, BRUSHES, PERFUMERY, &c. &c.

 Physicians Prescriptions carefully compounded, and orders answered with care and dispatch. Farmers and Physicians from the country will find our stock of Medicines complete, warranted genuine, and of the best quality.

Sole Proprietor of the I-C-E Cream Soda with Choice Syrups

CONTENTS OF THE CHEST.

NO.	DOSES, &c.
1. Sulphur,	2 or 3 teaspoonsful daily.
2. Cream of Tartar,	1 to 4 teaspoonsful in water.
3. Epsom Salts,	2 to 4 large spoonsful in water.
4. Flaxseed,	2 large spoonsful to a pint of boiling water.
5. Powd. Slippery Elm, . .	Used for making poultices.
6. Turner's Cerate,	A good application for cuts and sores.
7. Mercurial Ointment,	For venereal eruptions, chronic swellings, &c.
8. Basilicon Ointment,	For healing sores, cuts, &c.
9. Simple Ointment,	For dressing sores, blisters, &c.
10. Blistering Ointment, . .	May be spread on paper or leather.
11. Elixir of Vitriol,	15 to 20 drops, in water, 3 or 4 times a day.
12. Laudanum,	From 15 to 60 drops.
13. Balsam of Life,	20 drops to a teaspoonful, on sugar, 2 or 3 times a day.
14. Essence of Peppermint,	15 to 30 drops, on a lump of sugar, or in warm water.
15. Spirits of Nitre,	30 drops in a teaspoonful of water.
16. Balsam of Copavia, . . .	20 to 30 drops in a little sweetened water.
17. Soap Liniment,	For sprains or bruises; rub in with flannel.
18. Spirits of Camphor, . . .	10 drops to a teaspoonful, in sweetened water.
19. Tincture of Bark	1 to 2 teaspoonsful in wine or water; it has the properties of quinine.

20. Castor Oil, 1 to 4 teaspoonsful in cold water with a few drops of the Essence of Peppermint.
21. Purgine Pills, From 2 to 5,—medium dose 3.
22. Quinine, 1 grain, in 10 drops of Elixir of Vitriol and water.
23. Ipecac, 30 to 40 grains, or an ordinary teaspoonful, in warm water.
24. Tincture Myrrh, 40 drops to a teaspoonful in water.
25. Rhubarb, 30 or 40 grains or 1 teaspoonful.
26. Powdered Cubebs, 1 to 3 teaspoonsful, 2 or 3 times a day.
27. Nitre or Saltpetre, 10 to 15 grains, in water, every two or three hours.
28. Sugar of Lead, 1 teaspoonful to a pint of water, for a wash.
29. White Vitriol, 20 or 30 grains for an emetic, in water, 1-3 at a time.
30. Blue Vitriol, For destroying proud flesh, &c.
31. Red Precipitate, For destroying proud flesh.
32. Alum, 1 tablespoonful to a pint of milk, for Alum whey.
33. Liat, Used in dressing sores, wounds, &c.
34. Adhesive Plaster, For dresssing cuts, wounds, &c.
35. Lancet.

List of Articles furnished only upon especial orders.

Syringe,	Self Syringe,
Spatula,	Bougies,
Scales and Weights,	Catheters,
Herbs,	Mortar,
Bandages,	Twine,
Cotton,	Leather.

INDEX.

	Page		Page
Adhesive Plaster.....	19	Fracture of Collar Bone....	43
Alum.....	18	“ “ Ribs.....	44
Apoplexy.....	22	“ “ Arm.....	44
Asthma.....	23	“ “ Fore Arm.....	44
Balsam of Life.....	12	“ “ Hand & Fingers	45
Balsam of Copavia.....	13	“ “ Leg.....	45
Basilicon Ointment.....	11	Frost Bites.....	39
Blistering Ointment.....	11	Gleet.....	56
Bleeding from the Nose....	34	Gonorrhea, or Clap.....	54
Bleeding.....	37	Gravel.....	36
Blue Vitriol.....	18	Inflammation.....	31
Castor Oil.....	14	“ of Bowels or Intestines	32
Colic.....	30	Inflammation of Eye.....	32
Compound Fracture.....	48	Ipecac.....	15
Concussion of the Brain....	39	Itch, The.....	26
Cream of Tartar.....	9	Jaundice.....	25
Delirium Tremens.....	30	Lacerated and Contused	
Diarrhea.....	28	Wounds.....	41
Directions for Passing Cathe-		Lancet.....	19
ters.....	38	Laudanum.....	12
Dislocations.....	45	Lint.....	19
Dislocation of Lower Jaw....	46	Locked Jaw.....	25
“ “ Neck.....	46	Mercurial Ointment.....	11
“ “ Shoulder.....	46	Neuralgia.....	35
“ “ Elbow.....	47	Nitre, or Saltpetre.....	17
“ “ Ankle.....	47	Paraphymosis.....	54
Dysentery.....	29	Persons apparently drowned	50
Elixir of Vitriol.....	12	Phymosis.....	53
Epsom Salts.....	10	Piles.....	26
Epileptic Fits.....	24	Poisons.....	50
Erysipelas, or St. Anthony's		Poisoning by Fish	51
Fire.....	21	Powdered Slippery Elm	10
Essence of Peppermint....	13	Powdered Cubebs	16
Flax Seed.....	10	Pulse, The	20
Fractures.....	42	Punctured Wounds	41
Fracture of the Nose.....	43	Purging Pills	15
“ “ Lower Jaw.....	43		

	Page.		Page.
Quinine	15	Stricture	52
Quinsy, or Inflammatory		Sugar of Lead	17
Sore Throat	34	Sulphur	9
Red Precipitate	18	Symptoms and Treatment of	
Remarks on Surgery	36	Diseases	20
Rheumatism	33	Syphilis or Venereal Disease	51
Rhubarb	16	Tincture of Bark	14
Rupture	49	Tincture of Myrrh	16
		Turner's Cerate	10
Scurvy	27		
Simple Ointment	11	Vermin	26
Soap Liniment	14		
Spirits of Camphor	14	Wounds	40
Spirits of Nitre	13	White Vitriol	18
Sprains	42		

Recipes.

Alum Whey	58	Mustard Poultice	59
Anodyne Liniment	58	Means of Preventing Infec-	
Injections	59	tion	58
Mustard	58	Wounds	69

Weights and Fluid Measure	63
General Remarks	64
Patent Medicines	68

MATERIA MEDICA.

THE PROPERTIES OF MEDICINES AND THEIR RESPECTIVE DOSES.

No. 1. Sulphur.

Is a good laxative for people subject to piles and will sometimes relieve severe attacks of rheumatism. It is used with great success in cases of salivation, caused by mercury. When mixed thoroughly with lard it makes an excellent ointment for the itch. When mixed in proportions of four table-spoonsful of sulphur to a gill of molasses the dose is from one to three tea-spoonsful for a grown person, and one teaspoonful for a child.

No. 2. Cream of Tartar.

Is a mild, cooling laxative diuretic salt. It is esteemed one of the best remedies for dropsy. In moderate doses it increases the flow of urine, and in large doses proves at first laxative and then purgative. As a purgative from one to

two table-spoonsful in molasses or water. A tea-spoonful dissolved in a tumbler of water or flaxseed tea makes a cooling drink in fevers and colds.

No. 3. Epsom Salts.

Are a cooling purgative. They should not be used when the patient is weak.

Dose—From two to four table-spoonsful, dissolved in a tumbler of cold water, for a grown person.

No. 4. Flax Seed.

This makes a good tea to be drank freely for colds, inflammation of the lungs and kidneys. The tea is made by taking one table-spoonful of flax-seed and pouring a little boiling water upon it; let it stand a minute then pour this water away; then add one pint of boiling water to it and let it steep, (do not boil it) for fifteen or twenty minutes; then strain, sweeten, and add a little lemon juice, to make it palatable.

No. 5. Powd. Slippery Elm.

Makes an excellent poultice for sores and inflammations. It should be mixed to a proper consistence, with boiling water.

No. 6. Turner's Cerate.

Is a good soothing ointment, for sores, cuts, wounds, &c., and for dressing blisters.

No. 7. Mercurial Ointment.

Is good in chronic swellings, enlargement of the joints and glands; it will destroy vermin that present themselves on the human body.

No. 8. Basilicon Ointment.

This ointment is useful to stimulate and procure a healthy discharge from ulcerated surfaces that are not clean, and from wounds that are disposed to heal but slowly. Also, to heal burns and scalds; and in dressing blisters, to keep them open.

No. 9. Simple Ointment.

Is used in dressing blisters and sores which require healing, and not cleansing.

No. 10. Blistering Ointment.

A Blister applied to any part affected by inflammation, will generally give relief. In affections of the lungs, liver, or any local pain, much good may result from its application. If the blister should cause pain in urinating, let the patient drink freely of flax-seed tea, or a dose of Spirits Nitre (No. 15) or Laudanum (No. 12). The blister may be spread on a piece of leather or brown paper, and remain on the patient six or twelve hours. Blisters will heal quickly when dressed with Simple Ointment or Turner's Cerate; if you wish to keep them open longer use Basilicon Ointment.

No. 11. Elixir of Vitriol.

Is used in putrid fevers, weakness of the stomach, loss of appetite, and cold sweats. Also, has a tendency to prevent local bleedings. A few drops added to quinine in water will cause it to dissolve more readily.

DOSE—Fifteen or twenty drops, in water, three or four times a day.

No. 12. Laudanum.

Is a most useful medicine when used with care. It produces sleep, relieves pain, and checks diarrhoea. It possesses all the properties of opium, and operates more speedily ; Laudanum may be used for an injection in cases of dysentery. Twenty-five drops are equivalent to one grain of opium.

DOSE—The ordinary dose for a grown person is from fifteen to twenty drops. In extreme cases, where immediate relief is required, the dose may be gradually increased ; at the first appearance of relief the dose should be gradually diminished. For injection three times the quantity may be given than what would be considered an ordinary dose by the mouth, and must be mixed with starch, or flour, and warm water to the consistency of a thin syrup.

No. 13. Balsam of Life.

Is used internally for long standing coughs, colds, and soreness of the chest. Is applied externally to heal old sores, cuts, and bruises, with success, as follows : wash out any

dirt or extraneous matter that may be in the wound, with warm water, bring the lips close together and spread a piece of lint wet with the balsam over the wound, apply a bandage over the whole, and let it remain for two or three days.

DOSE—From twenty drops to a teaspoonful two or three times a day.

No. 14. Essence of Peppermint.

This is used in cases of colic, flatulency, pains of the stomach and bowels, sea-sickness and nausea. Also in Salts, to prevent griping.

DOSE—From fifteen to thirty drops on a lump of sugar, or in warm water.

No. 15. Spirits of Nitre.

A cooling diuretic medicine, used to promote the secretion of urine, increase perspiration, relieve fever and allay thirst. Also relieves flatulency, or wind pains in the bowels or stomach.

No. 16. Balsam Copavia.

This medicine acts gently as a laxative, and in large doses as an active purgative. It operates also on the urinary organs, and is much used in gonorrhea or clap. It has also been used with success in piles and catarrh; and externally as a remedy for chilblains.

DOSE—Twenty or thirty drops, three or four times a day, in a little cold water sweetened with sugar, and add a few drops of Spirits of Nitre.

No. 17. Soap Liniment.

This is an excellent liniment for sprains, bruises, stiff joints, and rheumatism. It should be rubbed into the parts affected, so as to promote a slight irritation, after which wrap the wound in a piece of flannel, and saturate it with the liniment. By adding Laudanum it makes a very good soothing anodyne liniment.

No. 18. Spirits of Camphor.

This is a stimulant and often used for pains in the stomach. Is also used as an external application for swelling of the face, bruises, sprains, rheumatism, and headache.

DOSE—Ten drops to a teaspoonful, in sweetened water.

No. 19. Tincture of Bark.

This is an admirable tonic, and has the properties of quinine. It is good in cases of general debility, indigestion, and languor; also for persons recovering from sickness, to strengthen the system and create an appetite.

DOSE—One or two teaspoonfuls in wine or water.

No. 20. Castor Oil.

This is well known as a gentle purgative or physic; especially adapted to diseases attended with irritation or inflammation of the bowels, such as colics, diarrhoea or dysentery; and as a general rule it may be taken in cold sweetened water with a few drops of Essence of Peppermint. In cases of irritation add eight drops of Laudanum, (No. 12).

DOSE—One to four table-spoonfuls.

No. 21. Purging Pills.

These pills are the best, in all cases where a gentle laxative is required, of any pill now in use ; they operate without griping and do not cause debility, or leave the bowels costive.

DOSE—From three to five.

No. 22. Quinine.

This is a powerful tonic and strengthening medicine, and should not be used in diseases which are attended by fever, or when the tongue is much coated, and the bowels costive, but may be used with advantage in cases of weakness, loss of appetite, and indigestion. This is an indispensable medicine for fever and ague, but must be given before the chill comes on, and if possible during the interval between the shakes. The bowels should be kept loose in all cases where quinine is used.

DOSE—One grain, added to five or ten drops of Elixir of Vitriol, in a little water. For fever and ague the dose may be gradually increased to four grains every three hours.

No. 23. Ipecac.

This is a mild emetic which does not cause weakness, and may be used with perfect safety. It is peculiarly adapted by its mildness and efficiency to all cases in which the object is merely to evacuate the stomach, and is usually thrown from the stomach in one or two efforts. If the stomach be with difficulty excited to vomit add a little mustard water.

Dose—Teaspoonful in one half a tumbler of warm water and give one third every fifteen minutes, until it operates. During its operation give plenty of warm water.

No. 24. Tincture of Myrrh.

Two or three teaspoonfuls added to a tumbler of warm, sweetened water, will make a very useful gargle for sore mouth and ulcerations of the throat. It is applied sometimes to ulcers, and diluted with water to spongy gums.

No. 25. Rhubarb.

This is an excellent, mild and safe laxative and purgative. It is extensively used in diarrhea. In fevers where a purgative is required rhubarb is recommended, as it does not weaken the stomach. Rhubarb in the proportion of a teaspoonful, with a few drops of Essence of Peppermint, in a gill of water, makes a good purgative for diarrhoea.

Dose—Teaspoonful.

No. 26. Powdered Cubebs.

Cubebs are extensively used for gonorrhea or clap, and gleet. The bowels should be well purged before using them; the diet should be low to subdue inflammation.

Dose—One to three teaspoonfuls, three or four times a day, in water; it is sometimes beneficial to add a few drops of Spirits Nitre.

No. 27. Nitre or Saltpetre.

Nitre is a cooling medicine. It is used to lessen fevers, and increase the flow of urine. Should its use cause pain in the stomach it should be stopped.

Dose—Ten to fifteen grains, or half a teaspoonful, every two hours, in water.

No. 28. Sugar of Lead.

This is a powerful astringent, and used to restrain all profuse discharges when not attended by fever. It should never be given in large doses, nor should small doses be repeated often. It is given internally to stop bleeding from the stomach, bowels, and lungs, in doses of from one to three grains in powder, with a few drops of Laudanum, in molasses repeated every one or two hours. Its principal use however is as an external application or wash to inflammation upon the surface, to the eyes and wherever there is local irritation, heat, swelling and pain. There is nothing which will lessen in a greater degree, and with more certainty than the Sugar of Lead in solution properly applied. The following makes a good solution for external application :—Dissolve from one to two teaspoonfuls in a pint of water. For an injection in gleet it is very efficacious; for this purpose, dissolve thirty grains in a pint of water. For piles, ulcers, sores, &c., make an ointment consisting of half a tea-spoonful of Sugar of Lead, thirty drops of Laudanum, and a cup full of lard mixed thoroughly together.

No. 29. White Vitriol.

This is a speedy emetic in cases of poisoning, take half a teaspoonful and dissolve in a teacupful of water, give one third; in five minutes give another third, and if these do not operate give the balance. It is also used as an injection for gonorrhea or clap, in the proportion of half a teaspoonful to a pint of water. For an eye wash, dissolve just a grain in an ounce of water.

No. 30. Blue Vitriol.

This is sometimes used internally as an emetic in cases of poisoning. The dose for an emetic is from two to five grains. It is principally used for destroying proud flesh, and the callous edges of old sores, and ulcers, and prepares them to heal. For this purpose it is powdered and sprinkled on the sores.

No. 31. Red Precipitate.

This is used to destroy proud flesh on sores not disposed to heal. When made into an ointment of one half a teaspoonful to a cupful of lard, it stimulates ulcers, cures itch, &c. To destroy proud flesh sprinkle the parts affected with the powder.

No. 32. Alum.

Is used to stop bleeding at the bowels, and nose. In cases of bleeding at the nose, dissolve a tea-spoonful in a small quantity of water, soak a plug made of linen in the solution and introduce in the nostril. It is a speedy emetic in doses

of a teaspoonful. The best form of giving it internally is that of alum-whey made by adding one even teaspoonful to a pint of hot milk. Is also used as a gargle for sore throat and as an injection for gleet and clap, composed of a teaspoonful to a gill of water. Burnt alum is good to remove the proud flesh from ulcers, and is prepared by burning a lamp of Alum in an iron spoon till the water is driven off, when it should be finely powdered.

No. 33. Lint.

Lint is used for dressing sores. Ointment should be spread on a piece of lint in dressing sores, as it is softer and more easily removed by soaking with warm water.

No. 34. Adhesive Plaster.

This plaster cloth is used in dressing wounds, cuts, &c. When applied should be cut in narrow strips and warmed by a fire, or the heat of a lamp; the edges of the wound should be drawn together and the plaster laid over them crosswise, in order to hold them in their place, then cover the whole with a piece of lint, and bandage, but not so tightly as to prevent circulation of the blood.

No. 35. Lancet.

This may be used for opening the veins for bleeding, or for opening sores where there is a collection of matter. In bleeding, the arm must first be corded by a tight bandage above the elbow and the largest vein in the hollow of the arm opened with the lancet. Care must be taken that the

bandage above the elbow be not too tight. In opening sores the most prominent and softest part should be selected, and the opening made lengthwise the limb.

Symptoms and Treatment of Diseases.

The chief object in compiling this work, has been to afford assistance and information to the Fishermen and sailors, when removed from medical and surgical aid, in as plain and intelligible a manner as possible, of the proper course of proceeding in the treatment of those diseases or accidents most frequently met with. All technicalities have been avoided and the symptoms of disease described in the plainest manner.

The Pulse.

The pulse is caused by the beating of the heart and arteries. It may be felt in any of the arteries of the body but most conveniently at the wrist, sometimes it is most perceptible in the temporal artery, the radial artery being small. The radial artery will sometimes divide and the larger branch run upon the outside of the radius. In this case the pulse will be faint in the usual place when the circulation is actually strong and vigorous. You should be careful and guard against this mistake as you may think the patient is very weak when in fact there is nothing the matter. The pulse is the truest index of the force and rapidity of the circulation. In fevers it is full, hard, and quick or frequent though not so full and forcible as in inflammations. In the continued fever the pulses will beat from ninety to one hun-

dred and twenty strokes a minute. In general the quicker the pulse the more severe and dangerous the disease. The pulse of a grown person in health is estimated in general to be seventy-three beats in a minute—if it rises above eighty it is supposed to indicate some degree of fever or some disorder of the system. Some people have a remarkably slow pulse in health. An intermitting pulse is supposed to indicate some disorder of the heart, a great state of weakness, the approach of death, or a nervous affection. By intermitting is meant irregular, that is, the pulse beats a few times, then stops a few beats and begins again. A nausea or sickness at the stomach either from disease or medicine will cause an intermitting pulse; it also attends dropsy of the heart, chest and brain; some persons will have an intermitting pulse nearly the whole of their life time without apparent disease, unless it be some slight nervous affection; the younger the person the quicker the pulse. At birth the pulse is from a hundred and thirty to a hundred and forty a minute; at the age of seven years from eighty-five to ninety; at fourteen from eighty to eighty-five; at middle age from seventy to seventy-five; at old age from sixty to sixty-five.

Erysipelas, or St. Anthony's Fire.

Erysipelas is characterized by a diffused redness of the skin, a burning or itching pain, and frequently with vesications or blisters, and fever; in mild cases it is preceded by a slight indisposition, languor, restlessness, loss of appetite, &c. In more severe cases the patient experiences, for a couple of days before the disease breaks out, unusual debility, pains in the limbs, headache, loss of appetite,

vomiting, oppression about the chest, &c., &c. Where it attacks the face and scalp there is great redness, and the swelling is so great in some cases as to close the eyes. About the third or fourth day small pimples or blisters appear, filled with a transparent watery fluid. By the eighth or ninth day the disease comes to its height, and the blistered parts begin to dry and scale off. The fever now subsides and recovery commences. This disease seldom proves fatal except when it prevails as a malignant epidemic, or follows large wounds and surgical operations.

TREATMENT—In mild cases, where it is confined to red blotches on the skin, a gentle emetic of Ipecac, followed by a dose or two of Salts, with lemonade, will be all the medicine necessary. Stimulating food and drink must be avoided. In severe cases more active means are required. The bowels kept open with Salts. A wash may be made by dissolving one drachm of sugar of Lead in a pint of water. Acid drinks may be given to allay thirst. A narrow blister covering partly the sound and partly the diseased surface, is sometimes used to prevent the spreading of the inflammation. When erysipelas attacks a wound, the symptoms become very alarming.

Apoplexy.

SYMPTOMS—Usually in a fit of apoplexy the person falls down and becomes insensible; the face is red and swollen, the eyelids are half closed and the eyes fixed, and the veins of the temple and neck are enlarged and full of blood. Violent headache, loss of sight, and sometimes palsy generally precedes this disease. The pulse in most cases is

full and strong. Apoplexy may be distinguished from fainting by the continuance of the pulse and breathing.

TREATMENT—Loosen the clothes of the patient, especially those about the neck. If the person is of a robust constitution, bleed from the arm to the extent of one or two pints, apply cold baths to the head, and warm water or mustard poultices to the feet and wrists. If the patient can swallow give two table-spoonfuls of Castor Oil, till a free evacuation of the bowels is procured. If unable to swallow, give an injection of warm soap suds. If the fit has come on just after a full meal, an emetic of Ipecac should be given, to remove the pressure upon the stomach, and to relieve the digestive organs.

Asthma.

Is characterized by frequent, difficult and short respiration, wheezing, stricture of the chest, and a cough, all of which symptoms are aggravated when lying down. When there is a great discharge of mucus from the lungs it is termed hurried, but when it is attended by little or no spitting, it is termed the dry or spasmodic Asthma.

SYMPTOMS—An attack of Asthma is generally preceded by uneasiness about the chest, and disturbed sensation of the stomach; it most commonly occurs at night, and the patient is awakened out of his sleep by it. He is obliged to rise from his bed and seek fresh air. The breathing increases in difficulty and is performed with a wheezing noise; he gasps for breath as though life was almost extinct. An attack of Asthma, though alarming at the time, is not a dangerous

disease, but it subjects the person to returns more or less frequent during after life.

TREATMENT—Begin with an emetic of Ipecac. The bowels should be kept open by Castor Oil or Salts. Burning in the room a piece of paper soaked in a solution of Salt-petre, and dried, will often afford instant relief. The diet should be light, and easy of digestion. Spirituous and fermented liquors should be avoided.

Epileptic Fits.

These often occur very suddenly ; the person falls prostrate and loses all consciousness. The muscles are violently agitated and convulsed, the eyes are fixed and distorted ; there is foaming at the mouth, the tongue is thrust out, and wounded by the teeth ; the pulse is small and contracted. During the fit, the convulsive agitations of the body are so violent that it requires the strength of two or three men to prevent the patient from doing injury to himself. Frequently there will be a cessation of the convulsions but they soon return with as much violence as ever, and will continue to come and go for a number of times in succession, when they will cease altogether. The person passes from the fit into a deep sleep and on awakening has no recollection of what has happened, but feels heavy and stupid.

TREATMENT—Place the person in a cool, airy situation, with his head raised ; his clothing should be loosened, and a soft piece of wood placed between the teeth to guard the tongue from injury. Cold water should be dashed with considerable force upon the face, neck and chest. As soon as the person can swallow, an emetic should be given,

followed by plentiful draughts of warm water. The disease is often followed by a peculiar sensation of cold, commencing in one of the arms, or legs, and creeping along until it reaches the head, when the person becomes insensible and falls into a fit. When the sensation is first felt, a string or handkerchief should be put tight around the limb and kept about a minute or two. It is stated that persons have averted in this way the fits for months, who without it were attacked three or four times a week.

Jaundice.

Jaundice is denoted by the yellow tinge of the skin, and especially of the whites of the eyes, sleepiness, loss of appetite, loathing of food, vomiting, the stools of a clay color, and no inclination to move about. A dull pain is felt in the right side, which is increased by pressure, and will stain the linen yellow: the urine is high colored.

TREATMENT—If the stomach is much disordered in commencement of the disease take a gentle emetic of Ipecac; after the operation, and the stomach has become settled, give a dose of Purging Pills. These may be repeated every night, or every other night, so as to keep the bowels freely open. Moderate exercise, a vegetable diet, and abstinence from spirituous liquors are to be observed.

Locked Jaw.

This disease occurs most frequently in hot climates, and is caused by exposure to cold, damp, night air, and sudden

changes of the weather. It is frequently caused by wounds, or injuries to a part in which a vein is situated.

TREATMENT—Opium is the chief remedy to be relied on in this disease. Give a teaspoonful of Laudanum every half hour, increasing the dose if necessary. Should the jaws be so locked that the person cannot swallow, administer two teaspoonfuls every half hour, by the way of an injection in warm water. The bowels should be opened by Castor Oil or Salts. If he cannot swallow, double the quantity should be given by injection. Brandy or wine may be freely used.

The Itch.

The itch shows itself in small pimples on the wrists, between the fingers, in the bend of the arm, and under the knee joints. Mix sulphur and lard together so as to form an ointment, with which the parts affected are to be rubbed every night, before a fire, taking at the same time internally, one or two teaspoonfuls of sulphur, in molasses. Three or four applications are generally sufficient to cure this disease, after which the person should be well washed with warm water and soap, and the clothes thoroughly cleansed.

Vermin.

Lice or crabs may be destroyed by rubbing upon the parts a small piece of Mercurial Ointment.

Piles.

These are small tumors, varying in form and size, situated about the verge of the anus or fundament ; they are external

and internal; are of two kinds—the blind and bleeding. The piles are generally caused by costiveness, strong doses of aloes as physic, and an inactive indoor life.

TREATMENT—For the blind piles keep the bowels regular with equal parts of Sulphur and Cream of Tartar, or Castor Oil. As an external application, the parts may be annointed with an ointment made by mixing half a drachm of Sugar of Lead with ten drops of Laudanum, and an ounce of lard, every night and morning. For the bleeding piles use injections of cold water, or apply a strong solution of Alum to the fundament, or by pressure upon the part. Twenty drops of Elixir of Vitriol may be taken night and morning in sweetened water.

Scurvy.

This disease comes on gradually, with lassitude, indisposition to exertion, low spirits, and loss of strength. As it advances the countenance becomes bloated, and of a yellow appearance, the gums swell, are spongy and bleed on the slightest pressure, and the teeth are loosened, the breath becomes livid, spots appear on the skin, wandering pains are felt in the bones, and the bowels are obstinately costive, or the stools are frequent and costive. In a more advanced stage of the disease, emaciation increases, the limbs become useless, faintness follows every effort, blood is discharged from different parts of the body and death approaches slowly or comes suddenly in the attempts to make exertion.

TREATMENT—In the treatment of scurvy more is to be done by diet, habits, &c., than by medicine. As far as possible, cleanliness and dry clothes should be aimed at by all

seamen. Even when they are obliged to live upon tainted provisions and bad water, the disease will make less progress if the skin is kept clean, dry, and comfortably warm. As soon as a sailor is found to have the scurvy, it is very necessary that he abstain from eating any salt provisions, as these being the cause of the disease will not fail to continue it. He should be supplied with fresh provisions, meat, &c. ; when they can be procured, vegetables should be mixed with vinegar and partaken of freely. Sour drinks, made from Lemons, Cream of Tartar, or Elixir of Vitriol, are very serviceable. From two to four ounces of Nitre dissolved in a quart of vinegar, and a table-spoonful given three times a day, has often been attended with the happiest effects. For sponginess of the gums make a wash of two teaspoonsful of Alum to a half pint of water, slightly soured by Elixir of Vitriol. To remove stiffness of joints and swellings, bathe with warm vinegar, use hot fomentations, and rub with flannel ; and to alleviate pains, use Laudanum.

Diarrhœa.

This disease is characterized by frequent discharges from the bowels, often thin and watery, with more or less pain preceding and accompanying each evacuation.

TREATMENT—When it is produced by improper food it will be necessary to give an emetic of Ipecac, after which a dose of Rhubarb or Castor Oil. If it proceed from any other cause give ten drops of Laudanum, on some sugar, every two or three hours ; the diet should consist of gruel, arrow-root, rice, &c. No solid food should be taken till the

complaint is cured. In severe cases it is best to check the complaint entirely by Laudanum, taking care to procure a motion of the bowels every other day, by a dose of Castor Oil.

Dysentery.

SYMPTOMS—An attack of Dysentery is sometimes preceded by loss of appetite, costiveness, flatulency, sickness at the stomach, and a slight vomiting, and comes on with chill, succeeded by heat of the skin, and frequency of pulse. These symptoms are generally the fore-runners of griping, and increased evacuations, which afterwards occur. The evacuations vary both in color and consistence, being sometimes composed of frothy mucus streaked with blood, and at other times of an acrid, watery humor, like the washings of meat, and of a very fetid smell. Sometimes pure blood is voided; now and then lumps of coagulated mucus resembling bits of cheese are to be observed in the evacuations. From the violent efforts that are made to discharge the irritating matter a portion of the intestines is sometimes forced beyond the rectum, which proves a troublesome and distressing symptom.

TREATMENT—An ounce of Castor Oil and forty drops of Laudanum, given two or three times in the course of twenty-four hours; if the bowels are not sufficiently emptied and the pain allayed by the first and second dose, give forty drops of Laudanum mixed with thirty grains of Ipecac. In case of great pain, apply warm fomentations to the stomach. Injections of starch water and Laudanum should be administered when pain exists in the lower part of the

bowels, (with frequent stools), in the proportion of two teaspoonsful of Laudanum to a gill of starch water, made a little warm. The diet should be light, and the drink should consist of flour gruel, rice water, or barley water.

Colic.

SYMPTOMS—Pain in the bowels with a twisting sensation at the navel, coming on in fits, and a contraction of the muscles of the abdomen. Costiveness, sickness at the stomach, vomiting, bitter taste in the mouth. The pain is partially relieved by pressure, which distinguishes it from inflammation of the bowels.

TREATMENT—Take four table-spoonsful of Castor Oil and thirty drops of Laudanum, mixed in a little sweetened water. A teaspoonful of ginger or cayenne pepper in a cupful of warm sweetened water will frequently give relief; also apply hot mustard poultices to the stomach and feet. This complaint is frequently brought on by unripe fruit, shell fish, and other food which is hard to digest. The person should use caution in regard to food, and eat only such as is easy to digest. After relief is obtained, a dose of Purging Pills or Castor Oil, with half a teaspoonful of Essence of Peppermint.

Delirium Tremens.

This is what is familiarly termed the horrors. The symptoms are an aberration or wandering of the mind, trembling of the tendons and muscles, so much that the person cannot raise a tumbler or cup to his mouth without

dropping it or spilling its contents, from the shaking of the hands. He is constantly seeing objects and hearing sounds which do not exist. He fancies he sees insects on the wall and bed clothes; sometimes he imagines he is pursued by evil spirits and other strange objects.

TREATMENT—If the patient be crazy it will be necessary to have him secured, as he will be likely to injure himself or some one else, perhaps commit suicide. Should there be a determination of blood to the head, which may be known by the redness of the countenance, a fulness and beating of the heart and arteries, the feet and legs should be bathed in a tub of warm ley water, and mustard applied to the feet and nape of the neck in the way of poultices or plasters. Give a dose of Purging Pills, and after their operation, should the symptoms continue, give half a teaspoonful of Laudanum every two or three hours till sleep is induced or the person is quieted.

Inflammation.

There are two descriptions of inflammation—one tends to suppuration, as the common boil, exhibits a brighter red color, more hardness or tension, heat and swelling than the other, and is distinguished by a throbbing instead of a burning pain, and does not spread unequally but is limited to a circular or definite space. This is called a cutaneous inflammation. The other description of inflammation manifests a duller red color—a slight or scarcely perceptible swelling, a burning pain spread in every direction, and ends in watery blisters and scales, which peel or drop off. This

erysipelatous inflammation and the fever which attends it is generally Typhus or Typhoid. It either subsides or ends in blisters, or scales and gangrene.

Inflammation of Bowels or Intestines.

SYMPTOMS—This disease is characterized by acute pain in the bowels, which is increased upon pressure, being most severe about the navel, nausea and sickness at the stomach, loss of strength, costiveness, great anxiety, thirst, pulse is hard and quick. The evidences of mortification are the paleness of the face, the pain ceases, sinking of the pulse, swelling of the belly.

TREATMENT—Bleed from the arm as much as the strength of the person will allow. Apply cloths dipped in hot water, also warm poultices to the bowels. The feet should also be bathed in warm water. Give a dose of one or two table-spoonsful of Castor Oil. Warm drinks should be used, such as flaxseed tea, gum arabic or any soothing drink. The bowels should be kept open by any mild laxative, such as Cream of Tartar. The diet should be light with suitable evacuations from the bowels.

Inflammation of the Eye.

SYMPTOMS—A sense of heat and prickling pain in the eyes and inability to bear the light; the eyes are red and the eyelids swollen; there is a flowing of hot tears, and a feeling as if something was in the eye. In severe cases there is a pain in the head with a quick, full pulse.

TREATMENT—If caused by some foreign substance in the

eye it must be removed. If it can be seen it may readily be removed by the end of a probe covered by a silk handkerchief. Should one of the lashes fall into the eye, it may be removed in the same way. When dust or any small particles that cannot be easily extracted get into the eye, let another person fill his mouth with water and blow it through his lips in a small stream into the eye holding at the same time the eyelids apart, this will remove it very easily and without pain. The inflammation can be subdued by bathing the eye every two or three hours with warm water. When the inflammation has somewhat subsided, the following eyewater may be used frequently: White Vitriol and Sugar of Lead, each one quarter of a teaspoonful, pure water one half pint. Dissolve the White Vitriol and Sugar of Lead in the water, let it stand and settle, then pour off and use the clear solution.

Rheumatism.

There are two forms of this disease, the acute and the chronic; the acute begins with the ordinary symptoms of inflammatory fevers, attended with pain in one or more joints, shifting from one to the other, leaving the part it has occupied, red, swollen, and very tender to the touch. The fever is much increased towards evening and during the night the pains are most severe.

TREATMENT—After opening the bowels freely with Castor Oil, Epsom Salts or Purgine Pills, bathe the person's feet in warm water, and when the fever subsides, rub the swollen and painful parts with Soap Liniment or Anodyne Liniment.

Quinsy or Inflammatory Sore Throat.

SYMPTOMS—This commences with a difficulty in swallowing which is effected only with great pain. One or both tonsils become swollen and inflamed; there is a dryness of the throat, foulness of the tongue, shooting pains in the parts affected, with some fever. As the disease advances the difficulty of swallowing and breathing becomes greater, the speech is very indistinct, the dryness of the throat and thirst increases, the tongue swells and is incrustated with a dark fur, and the pulse is hard and frequent.

TREATMENT—Commence with an emetic, then give a dose of Epsom Salts or Purgine Pills, bathe the throat well with Soap Liniment. If the swelling increases inhale the vapor of warm vinegar and water, from the spout of a teapot. Gargle the throat with a mixture made by taking of Alum and Nitre, of each, half a teaspoonful, warm water a pint. Should the disease increase so as to threaten suffocation the tongue must be pressed down with the handle of a spoon and the tumor opened with a lancet. All food and drinks of a stimulating nature must be avoided; give warm nourishing drink—nothing cold should be given.

Bleeding from the Nose,

Is in general of but little danger. It is often a relief to the headache, and the fullness of the blood vessels of the brain. Where the bleeding is moderate and does not often occur, no remedies are required. Bleeding at the nose is generally preceded with something of a feverish state. There will be a dizziness or swimming of the head, a flushed

face, and a sense of tightness across the bridge of the nose, headache and a rushing of blood to the head. Where the bleeding is periodical and profuse it produces a habitual paleness of the skin, weakness of the system, and a disposition to dropsy. In such cases immediate means should be used to check and cure the disease. In slight cases it is only necessary to apply cold water or to snuff up a little alum water or powdered alum very fine; a plug of dry lint will sometimes stop it where cold water and alum fail. In addition to Alum, the White Vitriol and Sugar of Lead, are very effectual, when dissolved in water and snuffed up the nostrils. A dose of Epsom Salts should be taken. In aggravated cases a light vegetable diet should be adopted, all violent exercise and all stimulating drink and food studiously avoided.

Neuralgia.

This disease is a painful affection of the nerves in different parts of the system. It sometimes attacks the face, the foot, the leg, the breast, or the spine, and probably every other part to which nerves are distributed may be subject to it. In the face it is called the *tic-doloureux*, and is the most distressing disease to which the human face is subject; the pain darts from the corner of the mouth to the eye, indeed the whole side of the face is affected. The pain always follows the course of particular nerves. Generally there is no swelling or inflammation. It proceeds from debility of the whole nervous system.

TREATMENT—The affected part may be bathed with Laudanum for a sedative quieting influence.

Gravel.

SYMPTOMS—There is usually a frequent and almost irresistible desire to void urine, pain in the loins, numbness in the thighs, nausea and vomiting, and not unfrequently a suppression of urine. The symptoms often resemble those of inflammation of the kidneys, but the deposition of reddish brown sand in the urine on becoming cold will show the difference.

TREATMENT—During a fit of the gravel, if there be much pain and difficulty in passing water, give the person a full dose of Laudanum, from thirty drops to a teaspoonful, according as the symptoms are more or less violent, let him drink freely of flaxseed tea, and give a teaspoonful of Spirits of Nitre every hour, in a little water. The bowels should be opened with a dose of Castor Oil or Salts. It is of great importance to attend strictly to diet in this disease. If there is but little fever the diet should consist of good nourishing food, but if there is considerable fever it should be nothing but bread, rice, &c.

Remarks on Surgery.

INFLAMMATION is characterized by heat, redness, swelling, pain and tension. It is caused by cold, wounds or irritation.

SYMPTOMS—Redness, swelling, pain, heat, shooting and throbbing; the skin is dry and hot, fever, tongue coated, and the secretions diminished. It terminates with or without Suppuration; adhesion and rarely by mortification.

TREATMENT—Poultices should be applied to the inflamed part, that made of ground Slippery Elm is the best. For

white swellings, felons and inflammation of the breast, Slippery Elm poultice is the best. In inflammation, attending carbuncle, Slippery Elm is preferable to any other poultice. In general, boils and abscesses are to be opened as soon as it is ascertained that pus exists—this is the fact in scrofulous abscesses. In some cases it is better to let the matter approach very near to the surface before opening them, or in other and plainer words let them get fully ripe. A poultice made of powdered Slippery Elm is the best for either boil or abscess, to bring them to a head. Poultices may be applied either warm or cold; the best way is probably to adapt them to the feeling and comfort of the person. Poultices should be removed every three or four hours, and should not be allowed to get dry and hard. The bowels should be kept open with Epsom Salts; when there is great pain, a few drops of Laudanum upon the poultice will be a great alleviation.

SUPPURATION—When matter has formed or gathered it may be known by the softness and pliability of the parts; it is often necessary to open the boil or abscess with a lancet; after which still apply the poultice as long as there is any inflammation; then dress with Basilicon or Turner's Cerate.

Bleeding.

Every man should know how to bleed. It is an operation so extremely easy in itself, and so important in its effects, that it should universally be understood. There is no mystery or difficulty in the matter, and any one who has command of his fingers and eyes can acquire in five minutes

that skill which may enable him to save the lives of many.

DIRECTIONS—Tie a bandage around the arm, at least two inches above the elbow joint, and then feel for the pulse at the wrist. If the pulse stop, the bandage is too tight, and should be loosened. Select the most prominent vein and feel with the tip of your finger if an artery lies near it. If you feel one pulsating so close to the vein that you are fearful of wounding it choose another. Now take the lancet between your thumb and finger and make a slanting cut from which the blood will flow freely. When the person has bled enough or becomes faint untie the bandage, and bring the two edges of the wound together; lay a piece of lint or linen over the cut and bind it on with another bandage.

Directions for passing Catheters.

The Catheters may be introduced when the person is standing, sitting, or lying down. The operator should hold the head of the penis between the thumb and forefinger of the left hand. The penis is then to be drawn upward, the Catheter, being well oiled, is now to be inserted in the urinary passage, directly downward with the bent part from the abdomen, slowly bringing the handle of the Catheter backward and forward very carefully till the instrument enters the bladder. The urine will follow the removal of the wire within the Catheter. Great care should be taken to exercise no force either in introducing or withdrawing the instrument. The preceding directions will apply for the using of bougies.

Concussion of the Brain.

Is usually caused by a fall or blow. The symptoms are frequent vomiting, a cold sweat covers the face, the pupil of the eye becomes contracted, the pulse grows feeble, and the countenance pale.

TREATMENT—Cloths dipped in cold vinegar and water should be applied to the head and a dose of Salts given. Bathe the feet and afterwards apply a mustard plaster to them and between the shoulders. The diet should be low, and the patient should be kept very still and quiet. Avoid the use of stimulants as it may produce inflammation of the brain and fever.

Frost Bites.

When a part of the body has been exposed to intense cold, it becomes bloodless and without feeling. This injury often happens to hands and feet of sailors from long and continued exposure in winter; as soon as discovered, the frozen part should be rubbed in snow or immersed in cold sea water, until it recovers the natural warmth and sensibility. The application and friction must be continued till the desired effect be produced, when the water can be restored to a common temperature in the most gentle and gradual manner. External heat should on no account be applied to a frozen limb as it will become gangrenous almost immediately; if mortification of the part ensues apply poultices of bread and powdered charcoal, and dress with simple ointment.

Wounds.

Wounds are divided into incised, lacerated, contused, punctured, gunshot and poisoned wounds. Incised wounds are made with a sharp, cutting instrument. All that is necessary to be done in simple cuts is to draw the edges of the wound close together and keep them in that situation by means of strips of sticking plaster, over these strips should be placed a piece of lint, and over the whole a bandage moderately tight. If the wound however, be of considerable extent and bleed freely, the first thing to be done is to stop the bleeding. This can be effected if the bleeding vessels are small by making firm pressure with a sponge for some time or a piece of lint and a bandage may be applied. If an artery of any considerable size is injured, which may be known by the blood being of a bright scarlet color and gushing out in a jet with great force, compression must be made with a handkerchief, the artery taken up and tied, then remove the handkerchief and dress the wound with lint and bandage as before directed. The strips or dressings should on no account be disturbed before the fourth or fifth day, unless the parts should be in great pain or much swollen. If the cut takes place about the cheeks or lips or other places where adhesive plaster cannot be applied, it will be necessary to apply one or two stitches according to the extent of the wound; should the parts swell, a cooling lotion should be used of a weak solution of Sugar of Lead.

Punctured Wounds.

Are made by a sharp pointed instrument as a dagger, bayonet, scissors, nail, hook, fish bone, &c. All punctured wounds and stabs are generally more dangerous than cuts, from their extending to a great depth, often injuring important parts and organs, and as they are particularly apt to be followed by inflammation, deep seated abscess or lock-jaw. Punctured wounds are not apt to heal but form deep seated ulcers. The orifice should be closed by strips of sticking plaster and gentle composition applied with a bandage along the course of the puncture. Rest is to be observed and a low diet. When the pain is severe, about ten drops of Laudanum may be given, and warm poultices be applied. Sometimes under this treatment the wound unites by the first intention, but more frequently in cases of deep stabs the pain is intolerable and the inflammation runs so high, that there is little hope of avoiding suppuration or forming of matter; in this condition, poultices are the best applications, and must be frequently renewed.

Lacerated and Contused Wounds.

These are made by a rough instrument as a saw, or stone, &c. Where the fibres have been torn they are productive of worse results than cut wounds, they are scarcely ever attended with much bleeding. In cases of simple laceration wash the parts with warm water, and draw the edges as closely together as possible with a narrow strip of sticking plaster. Should swelling or inflammation take place apply

a poultice. In very severe cases the same treatment must be adopted.

Sprains.

A sprain is commonly produced by falling, running or jumping. The effects of a sprain are often of long continuance.

TREATMENT—The limb should be kept at rest, a dose of Salts or Purging Pills taken, and the diet should be light. Soap Liniment is a good application, and with Laudanum, will make an excellent remedy; let it be applied two or three times a day and well rubbed in.

Fractures.

A fracture is a division or break in a bone into one or more parts or fragments occasioned by external violence. Fractures may be either simple or compound.

SIMPLE—When the bone is divided and the soft parts remain uninjured.

COMPOUND—When there is a corresponding wound in the soft parts by which the fractured extremity of the bone becomes exposed.

SYMPTOMS—Loss of motion, shortening and deformity of the limb, swelling, tension, pain, &c., but particularly the crepitus or grating sensation occasioned by the ends of a fractured bone when they are moved or rubbed against each other.

Fracture of the Nose.

To replace the bones of the nose when broken, pass any smooth instrument into the nostril, and using it as a lever raise the depressed fragments to their proper level, while with the other hand you mold them into proper shape. If inflammation follow treat it as before recommended.

Fracture of the Lower Jaw.

This bone is sometimes fractured near the chin, at others near the angles of the jaw. Let the patient's head be firmly held, while the operator introduces the fingers of one hand into the mouth, and with the other brings the broken pieces together—then apply paste-board previously wet along the side and under the jaw; or if this cannot be had, apply a thick compress of lint directly over the fracture; this is to be secured by means of a bandage passed under the chin and over the head. The person must be kept perfectly quiet and fed entirely on liquids and avoid moving the jaws until the bone has become united.

Fracture of the Collar Bone.

This fracture may be easily detected by passing the finger along the bone, and a grating sensation may easily be produced by moving the arm. To reduce it apply a large cushion underneath the arm pit and let it be secured by a bandage passed over the arm of the affected side around the body. The forearm is to be supported across the breast by a sling. The patient must be kept very quiet.

Fracture of the Ribs.

Where a rib is suspected to be broken it may be ascertained by placing the hand on the suspected part and direct the patient to cough, when the grating sensation will be felt. A strengthening plaster should be applied to the side and over it proper compresses, then put a broad bandage firmly around the chest so as to impede the motion of the ribs and observe a low diet.

Fracture of the Arm.

This fracture is easily discovered. To reduce it seat the person, and relax the muscles of the arm by gently bending the elbow and slightly draw the lower portion of the bone downwards until it can be perceived by the pressure of the finger that the ends of the bone are in contact. Then two splints long enough to reach from shoulder to elbow covered with tow or cotton should be laid along one on each side of the arm, and two smaller splints one on the front and the other on the back of the arm, and secured in that position by a bandage moderately tight.

Fracture of the Fore Arm.

One or both bones may be fractured and are detected the same as other fractures by the grating sensation on turning the arm. Moderate extension must be made until the bones are brought in a straight line and in contact. Then apply the splints and bandage, and support the arm in a sling, with the palm of the hand towards the breast.

Fracture of the Hand and Fingers.

When the bones of the hand are broken apply a piece of sticking plaster, folded cotton or lint, lay the hand on a splint long enough to extend from the elbow to the end of the fingers and secure it by a bandage as usual. In fractures of the fingers make extension and place the fractured portion in its place, then incase the fingers in softened paste-board and apply a narrow bandage.

Fracture of the Leg.

The leg is composed of two bones, an inner, larger bone (the tibia) and an outer, smaller bone (the fibula); one or both may be broken. The tibia is more frequently broken about two-thirds the way down. It is easily detected by passing the hand along the skin, although the displacement may not be great. It is not so easy to detect a fracture of the fibula, nor is it of much importance to do so. Extension must be made, as in other fractures, sufficient to bring the broken surfaces together. Two splints only will be required, and they should be applied at the sides of the limb and bandaged firmly. The limb may be supported on a pillow and raised a little above the level of the body.

Dislocations.

The symptoms of a dislocation are inability to move the injured limb, which is shortened, lengthened, or distorted, pain in the part affected, increased on motion—unusual depression at the joint.

Dislocation of the Lower Jaw.

This may arise suddenly while laughing, gaping or from blows. It may be known by the difficulty in speaking, the distortion of the mouth, and by the under jaw projecting forward.

MANNER OF REDUCTION—Place the person on a low seat, cover the thumbs with a handkerchief, and then introduce them into the person's mouth as far back as possible between the upper and lower jaws, at the same time place the fingers firmly under the jaws, and then press the jaw forcibly down with the thumbs, and with the fingers draw the jaw a little forward and lift it into its place.

Dislocation of the Neck.

When the neck is dislocated the head falls forward upon the breast, the person is instantly deprived of sensibility and if not quickly relieved death ensues.

To reduce it set the person on the floor and let an assistant support him : then stand behind him and raise the head from the breast ; let the assistant press down the shoulders, while the head is pulled upwards until the dislocation is reduced. If this does not take place from extension it may at the same time be moved from side to side ; when the reduction is completed a sudden crack or noise is heard and the person partially recovers his faculties.

Dislocation of the Shoulder.

This joint is more frequently dislocated than any other : when the dislocation happens downward the arm is a little longer than in the natural state, and the head of the bone

may be felt in the arm pits ; the arm cannot be moved forward or backward, and there is a depression at the joint. When the dislocation is upward there is an elevation behind the shoulder and a shortening of the arm. It may also take place inward and outward.

To set the shoulder joint, let the person be placed in a seat, pass a towel round the chest under the armpits so that he may be held firmly, then let the operator gradually and strongly extend the limb ; with his knee in the armpit for a fulcrum, lift the shoulder bone into its place. The arm should be raised at right angles with the body. In extending the arm the force should be applied for three or four minutes or longer in order to give the muscles time to relax. If the head of the bone be thrown forward in the dislocation, on the collar bone, the extension should be carried a little backward ; if backward a little forward ; the arm should be carried in a sling to support the shoulder.

Dislocation of the Elbow.

In this case the fore arm is half bent and every attempt to extend it occasions acute pain ; the situation of the bones is easily discovered. Gradual extension should be made by assistants in opposite directions, while the operator grasps the joints with both hands and presses the bones into their proper places. Afterwards the arm must be kept perfectly at rest in a sling. Dislocations of the wrist and fingers require only gentle extension to effect their being restored to place.

Dislocation of the Ankle.

Dislocations of the foot inward or outward are the most

frequent and are easily reduced. In accomplishing the reduction, relax the muscles by bending the leg on the thigh; let the knee be firmly held by one assistant and the foot gradually drawn into a line with the leg by another, while the operator presses the bones into their proper places. Dislocation of the toes is to be treated the same as that of the fingers.

Compound Fractures.

These are very serious and require the assistance of a surgeon, when it can be obtained. A person may meet with an accident whereby a joint may be dislocated, a bone be broken, a severe wound and contusion be inflicted, all at the same time. In case no proper aid can be procured, the following treatment must be pursued :—The first thing to be done is to stop the bleeding from the wound, then reduce the dislocation, afterwards dress the wound. The great object is to make the compound a simple one by healing the wound as quickly as possible, which in some cases is a very difficult business. The wound must be gently cleansed of all extraneous matter, such as splinters of bone, dirt, &c., then bring the edges lightly together with strips of sticking plaster. The lint should then be covered by a light linen cloth wet, and which must be kept moistened by sprinkling it with cold water. The object of this is to keep down the inflammation which generally ensues. If the injury is in the thigh or leg it will be necessary to keep the bed clothes away from it, that the evaporation may be kept up; this can be done by nailing three or four hoops to two laths, over which only the sheet should lie, taking care it should be so fixed, that there may

be a current of air, otherwise the limb will be damaged instead of being relieved. If the wound heals soon much of the danger ceases, and after a few days the accident is to be treated as if there had been no wound.

Rupture.

Hernia or Rupture consists in the protrusion of some part of the bowels or other contents of the abdomen, chiefly in the groin, scrotum or navel. It appears as a tumor, and in some persons comes on gradually from laxity of the constitution, but most frequently is formed suddenly in consequence of violent bodily exertions, as leaping, carrying great weight, &c. When the tumor from any cause becomes inflamed and is attended with pain, soreness, and tension, followed by sickness, vomiting and obstinate costiveness, an effort must immediately be made to restore the protruded part.

TREATMENT—Place the person on his back with his hips elevated a little above his head, and the thighs raised toward the body; then make a steady and gradually increased pressure on the tumor, with one hand in the proper direction, while with the fingers of the other, you attempt to reduce the bowels by small portions at a time. Continue the effort for twenty or thirty minutes but without violence. If this fails, the patient should be bled to fainting, when another attempt must be made. If this also fails, he is to be put into a warm bath and while there the attempt must again be repeated. Next, try the effect of ice, or snow mixed with common salt and applied to the tumor. If the reductions are not effected by this course give an injection of half a drachm of tobacco boiled for ten minutes in half a pint

of water, and repeat if necessary in half an hour. A final attempt is now to be made, and if ineffectual, an operation must be performed by a competent surgeon. To guard against the dangers of a rupture, persons subject to this complaint should wear a truss.

Persons apparently Drowned.

As soon as the body is taken out of the water the clothes must immediately be taken off, the body wiped dry and wrapped in warm blankets. In cold weather it should be placed near the fire, but in warm weather between heated blankets in the open air, the body should be placed on the back with the head a little raised and gently rubbed with flannels and bladders, or bottles filled with hot water; bags of heated salt or sand should be applied to the pit of the stomach, between the thighs and under the armpits, and to the soles of the feet. Should no signs of life appear, immerse the body in a warm bath; the pipe of a common bellows should be introduced into one nostril, carefully closing the other, and the mouth; blow the bellows gently until the lungs are inflated; then gently press the breast up and down in imitation of natural breathing. These operations should be frequently repeated; at the same time other means are to be continued, such as frictions, fomentations and a warm bath. This treatment should be kept up for some considerable time. When the patient is able to swallow, a little warm wine or weak brandy and water may be given.

Poisons,

Are those substances which, when introduced into the

system, whether by the mouth or the skin, produce deleterious, dangerous or fatal effects. When a person in perfect health is suddenly attacked, after eating or drinking, with violent pain and cramp in the stomach, severe vomiting, convulsions and a sense of suffocation, giddiness, delirium, or unusual drowsiness, there is strong presumption that he has been poisoned. When such is the case and there is no knowledge of what kind of poison has been taken, no time should be lost in endeavoring to remove it, either by the Stomach Pump, if one be at hand, or by exciting full and copious vomiting.

Poisoning by Fish.

SYMPTOMS—In a few hours and sometimes not for nearly a day after eating the fish, the person is seized with chills, pain in the stomach or head, restlessness, thirst, eruptions on the skin, dizziness, convulsions, and sometimes death.

TREATMENT—If the symptoms come on soon after eating the fish give an emetic, but if a longer time has elapsed a strong dose of Epsom Salts should be given, and lemonade or vinegar and water drank freely. The stomach can be quieted by laudanum. The irritation of the skin may be relieved by bathing in tepid water, alcohol and water or salt, or camphor and vinegar.

Syphilis or Venereal Disease.

This disease is caused by a poisonous matter contracted in sexual intercourse with an infected person. The most common form of the disease is chancre. It makes its appearance

in some cases as soon as three or four days after exposure, sometimes a few days later, and in a few instances not for six or eight weeks. A chancre appears in the form of a small pimple generally about the head of the penis, or on the foreskin, which ulcerates and discharges a limpid matter. The form of this ulcer is generally round or circular, is excavated, has a thick base, and secretes a puniform matter.

TREATMENT—In the commencement let the chancre be touched with bluestone, and afterwards dressed with a piece of lint moistened night and morning; the bowels should be opened with a dose of Epsom Salts. Great attention should be paid to cleanliness; the sore should be washed in warm water twice a day. The person should avoid exposure to cold and moisture; the diet should be light, consisting of bread, rice, and vegetables; he should abstain from every thing of a heating, stimulating nature. If the sore assumes an indolent character and refuses to heal, sprinkle on it a small quantity of Red Precipitate every two or three days. In case of bubo, endeavor to disperse it by freely opening the bowels with Epsom Salts, applying cold washes to the part, composed of half an ounce of Sugar of Lead and one pint of vinegar and water. A piece of Mercurial Ointment about the size of a small nutmeg, should be rubbed on the inside of the thigh and round the edges of the swelling night and morning. Should the bubo become hard and painful, it will be necessary to poultice it and renew it frequently until the tumor becomes full and pointed, when it should be opened with a lancet, and after this dress it with dry lint and continue the poultice for a few days, then dress with Basilicon. Should the sore be foul and not disposed to heal

mix Red Precipitate with the Basilicon. When the disease has been neglected or improperly treated, it becomes constitutional. The throat becomes red and inflamed, and deep excavated ulcers are formed. The ulceration, if not checked, gradually extends to the palate, tonsils, tongue, &c. The skin is covered with copper-colored blotches, which ultimately become fetid running sores. The bones and cartilages become affected. Deep seated pains arise especially in the night time. In short, in the worst cases of the disease, a universal rottenness pervades the flesh, skin and bones. In this stage of the disease, cleanliness is indispensibly necessary. If the skin is first affected the person should take a bath every day, well washing himself with soap. The diet should consist of nothing but vegetables and milk; spirituous liquors are a violent poison in the disease. If the throat is ulcerated it must be gargled with a solution of Alum.

Phymosis.

A chancre is the most frequent cause of this complaint, though it is sometimes brought on by the clap. The foreskin becomes swollen and cannot be drawn back.

TREATMENT—If the foreskin can be drawn back with pain and difficulty, a phymosis may possibly be prevented by poulticing the penis, keeping it up, doses of Salts and rest. When the foreskin cannot be drawn back, injection must be thrown under the skin; ten grains of Sugar of Lead may be dissolved in one ounce of warm water; this should be repeatedly used. Apply warm poultices every two hours;

Move the foreskin often to prevent its sticking to the glands. When matter is confined under the skin, or the chancres cannot be made to heal, the part must be laid open. This must be done by passing under the foreskin a pair of sharp scissors and slitting it up until the head is uncovered. Then apply lint over soft poultices. The chancres may then be dressed as before directed.

Paraphymosis.

In this disease the foreskin being drawn back cannot be brought forward. When this occurs an attempt must be made to reduce it. Wash the part well with warm water, then make a pressure on the glands with the fingers four or five minutes to diminish its size, by squeezing the blood out of it; in this state try to bring the skin forward. If this fails, use a wash of a teaspoonful of Sugar of Lead in a pint of water, and use poultices and purgatives. If these prove to be of no use it must be divided with a sharp instrument and dressed as directed in phymosis.

Gonorrhea or Clap.

This disease arises from impure coition, the time of its appearance is different in different constitutions. With some it will show itself in three or four days, with others in two or three weeks; usually from six to twelve days however.

SYMPTOMS—It commences with an itching of the glands or head of the penis, and a sense of soreness along the course of the urethra; this is soon followed by an appearance of

whitish matter and an uneasiness in making water. In a few days the discharge of matter increases considerably and assumes a greenish or yellowish hue, and becomes thinner; the orifice of the urethra will also become inflamed, the stream of urine is smaller than usual and the patient experiences a considerable degree of pain, heat and scalding in every attempt to make water. In severe cases when the inflammation runs high the patient will be troubled with painful erections, which often occur involuntarily when the patient is warm in bed; this is termed *chordee*; sometimes the foreskin becomes so swollen at the end that it cannot be drawn back, this is called *phymosis*, or being drawn back cannot be brought forward, is called *parphymosis*. As the disease advances the symptoms become more severe and distressing, the bladder becomes irritable, exciting a frequent inclination to make water, which is discharged with difficulty and only by drops; sometimes the glands of the groin enlarge and form buboes, and sometimes the testicles become swollen and painful. Unless there is a great deal of inflammation few or none of the last mentioned symptoms will arise, and only a discharge with slight scalding in making water will prevail.

TREATMENT—Abstinence from all stimulating food and drink, sexual intercourse and undue exercise is absolutely necessary. The bowels should be kept gently open by some mild, cooling physic. Mix equal parts of Balsam of Copavia and Spirits of Nitre, equal parts, and take a teaspoonful three times a day. When there is pain or scalding in making water, speedy relief may be obtained by drinking copious draughts of flaxseed tea; half a pint may be drank

every hour or two. In a few days after the inflammation has subsided and the discharge still continues, the following injection may be used. Dissolve in a pint of water, half a teaspoonful of White Vitriol and another half teaspoonful of Sugar of Lead, shake them well together and let it stand for twelve hours, pour off the clear solution and it is fit for use. A small syringe full may be used three or four times a day. If the glands of the groin swell, keep them wet with cloths dipped in a solution of Sugar of Lead. Should the bladder be affected give an injection of flaxseed tea with a teaspoonful of Laudanum and apply warm fomentations. For chordee take a few drops of Laudanum at bed time, and keep a rag wet in the solution of Sugar of Lead around the penis. For phymosis and paraphymosis see the treatment under the head of Syphilis; swelled testicles are generally produced by the improper use of astringent injections. Sometimes cold applications will afford relief, in which case cloths wetted in vinegar and cold water or a solution of Sugar of Lead should be applied to the testicles and renewed as often as they become warm. In all cases the patient should confine himself to a horizontal posture and keep the scrotum suspended by a proper bandage. The bowels should be kept open with Salts.

Gleet.

This affection consists of a discharge from the urethra of a thin slimy whitish matter, and is more frequently the consequence of mismanaged clap. It is often very tedious and difficult to cure.

TREATMENT—Injections are not only serviceable but absolutely essential to the cure; half a teaspoonful of White Vitriol dissolved in half a pint of pure water forms an excellent injection in Gleet; or the White Vitriol and Sugar of Lead injections recommended in Gonorrhea. Internally take from thirty to sixty drops of Balsam of Copavia three times a day in water. In order that this treatment may prove beneficial and successful, it is of the greatest importance that the patient observe the following rules; let the diet be nourishing but not stimulant; avoid intoxicating drinks, the habits should be regular and the greatest attention be paid to cleanliness. Wash the parts daily with cold water. The cold bath every morning will prove very beneficial.

Stricture.

From various causes the mucus membrane lining the urethra becomes thickened and inflamed, which partially or wholly obstructs the flow of urine. A spasmodic action of the part, produced by cold, drinking and other acts of intemperance may also obstruct the passage of the urine. Another not unfrequent cause is the use of strong injections for the cure of Gonorrhea.

TREATMENT—Avoid all exercise, high living and stimulating drinks. The daily use of a bougie must be persevered in for a long time. Begin with one of a moderate size and increase it gradually. Be careful not to employ any force in introducing it. It may remain at first about twenty or thirty minutes, gradually increasing the time as the parts can bear it. First when the urine is obstructed the patient should be put into a warm bath, and the lower part of the

bowels continually fomented with cloths wrung out in hot water. From thirty to sixty drops of Spirits of Nitre may be taken every two hours. When these means fail or the stricture is of long standing, a surgeon should be consulted as soon as possible.

RECIPES.

Anodyne Liniment.

Take four parts of Soap Liniment and two parts of Laudanum mix together. This is an excellent application in old sprains and bruises, chronic rheumatism, and painful swellings without inflammation.

Alum Whey.

This is made by boiling one or two teaspoonsful of powdered Alum in a pint of milk for a few minutes and strain. Sugar may be added if desired. A wineglassful may be taken three or four times a day.

Mustard.

One or two table-spoonsful of mustard mixed in a tumblerful of warm water will act promptly as an emetic, and in cases of emergency may be given with much certainty. In the forming or even the advanced stages of Asiatic Cholera it acts at all times with great benefit.

Mustard Poultice.

Mix two or more table-spoonsful with boiling water to make a paste, which spread upon muslin or flannel. This poultice should be kept on the part as long as it can well be borne, bearing in mind that in cases of insensibility it should be looked at occasionally, for if allowed to remain on too long it will produce a painful and troublesome sore. When the poultice has been removed, a linen rag soaked in sweet oil or spread with Simple Ointment should be laid on the surface.

Injections.

They are used either to produce an immediate evacuation from the bowels, to assist the operation of medicines given by the mouth, or to support the system where the patient cannot swallow or where the stomach from great irritability or other causes cannot retain nourishment or medicine. When it is desired to evacuate the contents of the lower bowels, an injection of one or more pints of cool or tepid water alone or with one or two table-spoonsful of common salt dissolved in it, will generally answer. Common soap suds is a very certain injection. Nourishing injections of chicken beef or mutton broth have succeeded in supporting life for a long time where swallowing could not be performed, or the stomach retain nourishment, in which cases they should be repeated every two or three hours. The usual quantity for an ordinary injection for a grown person is from two to four pints. When an anodyne injection is needed it should be made by mixing twenty to fifty drops of

Laudanum with two, four or six table-spoonsful of flaxseed tea or starch water.

Means of Preventing Infection.

In all fevers of a putrid or malignant form the atmosphere in a confined and unventilated apartment, soon becomes loaded with effluvia from the breath, perspiration and evacuations of the sick, which will reproduce the same in most persons exposed for any length of time to its influence. To guard against this in every possible manner is the imperious duty of a master of a vessel—for on him alone depend all the efforts which should be made. Cleanliness and fresh air are of the utmost importance; constant attention to these particulars will in a great measure remove the danger of infection, and without them all other means will avail nothing. Fumigation is an important aid in destroying an infectious atmosphere, and one of the best means of fumigating the fore-castle and lodging apartments of a fisherman and merchant vessel is to plunge a hot iron in vinegar, at the same time closing the hatches. This should be repeated at least once every day.

Wounds.

In the case of simple incised wounds, or clean cuts as they are termed, if there are no arteries or large bleeding vessels divided, cleanse the wound with blood-warm water and press the sides of it accurately together so as to entirely exclude the air. Hold it in this position until the edges can be properly secured together. If the wound is small this may

be done by one or two strips of sticking plaster as follows: Gently warm the strip of plaster and apply one half of it to one side of the cut, pressing it until it adheres firmly then stretch the other end across the cut drawing it so as to keep the edges of the wound close together, bring it down on the skin and press on it until it adheres. See that the edges of the wound are nicely fitted together, and if kept quiet, and circumstances are favorable the wound will unite by what is called the first intention, and the union will often be perfect in a few days without any unpleasant symptoms.

The strips may be cut half an inch to an inch wide, and three to six inches long according to the size of the wound: but if the wound be large or deep or much inclined to gape it would be safer to fasten the edges together by sutures or stitches, which may be placed about an inch apart with a narrow strip of sticking plaster between each two. The thread used for stitches should be coarse sewing silk. If too fine it may be doubled two or three times, as, if too fine a thread should be used it would be apt when drawn tight to cut its way out. A surgeon's needle should be used if one can be had, if not a common sewing needle large enough to carry the thread will do. Pass it into the skin a quarter of an inch from the wound and push it slantwise through the skin and cellular tissue, across the wound and up through the skin a quarter of an inch the other side. Draw it only sufficiently tight to bring the edges together and tie it. For stitches and the like there is no knot answers so well as the common square or reef knot. Cut the ends off close, cover the wound with a piece of lint moistened and apply a bandage moderately tight over all, to support the parts and

prevent dragging on the stitches and strips of plaster; keep the parts as quiet as possible. If the severity of the wound or the state of the constitution prevent the healing of the wound by first intention, and inflammation and matteration set in, it must be treated as a suppurating wound, dressed with Cerate or Basilicon Ointment spread on lint. If an artery be cut or injured it should be taken hold of by a small forceps and a string tied around it; the wound can then be dressed as before directed. The ligature used should be stout sewing or embroidery silk. If the artery be cut quite across, the bleeding end must be seized and drawn a little out of its sheath, the silk passed once around it and tied with the common reef or square knot, which is more secure than any other, and should always be used for ligatures and stitches. One of the ends should then be cut off close to the knot and the other end left depending from the wound, in a few days the knot separates of itself and may be gently drawn out. The practice adopted by some of cutting off both ends and leaving the knot in the wound, is objectionable on some accounts.

If an artery be wounded without being entirely severed, raise it up a little and with a bent needle pass the ligature under it and tie it on the side of the wound next the heart; it may be necessary to enlarge the wound to get at an artery, in this case the incision should always be made in the same direction with the muscular fibres.

TABLE OF WEIGHTS AND MEASURES.

Weights.

The smallest weights are called grains. Each dot upon the thin weights stands for one grain—for instance, a thin weight with five dots upon it is five grains.

10 grains are half a scruple.			
20	“	one	“
30	“	half a	drachm.
40	“	two	scruples.
60	“	one	drachm.
480	“	one	ounce.

Fluid Measure.

60 drops are one drachm or one teaspoonful.

4 teaspoonsful are half an ounce.

1 tablespoonful is half an ounce.

1 wine-glassful contains two ounces.

1 tumblerful holds eight ounces or half a pint.

GENERAL REMARKS.

In the administration of remedies it is of the utmost importance that the *proper dose* should be given, and it should be accurately weighed or measured.

In many instances in fact, it would be better to omit the medicines altogether than to neglect proper care in this particular, for many medicines will produce very different and sometimes entirely opposite effects, according as they are given, in larger or smaller doses. Too much dependence should not be placed on medicine alone; good nursing and careful attention to the cleanliness, ease and comfort of the patient, are often of greater efficiency in aiding nature to effect a cure, than medicine alone could be. In all cases of malignant fevers, dysentery, or infectious, or contagious disorders, a constant supply of pure air, by means of wind sails or some such contrivance is *absolutely necessary*, and in fact no prudent man will neglect at any time, to insure a proper ventilation of the vessel under his charge. A wind sail and some disinfectant frequently used will save many a dollar in loss of service, &c. In long continued sickness or confinement to bed, from fractures, &c., obstinate, even dangerous sores are liable to form upon the prominent parts

of the back, the hips or on the back part of the heel, from the continued pressure on the mattress. These may be prevented by means of soft cushions made with a circular hole in the centre to remove the pressure from the part.

In cases of accident it is of paramount importance, that the operator should preserve perfect presence of mind, as coolness and self possession are most indispensable for the exercise of that sound judgment and prompt action so necessary in such cases. Do nothing rashly. Examine the patient thoroughly, yet gently, to ascertain the nature and amount of the injury. If there are dislocations or fractures, place the patient in bed in a suitable and comfortable position and reduce them as soon as possible, before the parts begin to swell and thus make the reduction more difficult. If the patient be insensible examine the head carefully for fracture, and if a portion of the skull be found depressed dissect a small flap of the scalp back from the part and with a suitable instrument raise the depressed portion of bone to its natural position, taking the greatest care however to avoid injuring the investing membrane of the brain, which might bring dangerous inflammation. After a serious accident, fall, blow, or concussion, and sometimes from other causes, protracted insensibility occurs. In such cases the muscles that open the urinary passage are frequently paralyzed and retention of urine follows. If long neglected, even fatal results might follow, from over distention of the

bladder and rupture of that organ ; or else inflammation result from this cause. It should, therefore, be always seen to by the physician, or his substitute, in cases of insensibility, that the bladder be emptied at proper intervals by the catheter, if necessary. Under the same circumstances the bowels should be attended to, and often, when from the insensibility of the patient it is difficult to administer the ordinary physic, and yet it is necessary to procure a passage from the bowels, a couple of drops of croton oil rubbed upon the tongue will promptly produce the desired effect. In the state of collapse which almost always follows severe accidents and in some constitutions is brought on by even trifling injuries, great care must be taken to use no means calculated to depress still further the vital powers. This condition is brought on by the shock to the nervous system, and is characterized by a feeble, thready pulse, skin cold and with a clammy feel, face pale, extremities cold, and often sickness at the stomach and vomiting, During the continuance of this state bleeding should never be attempted, and indeed might prove fatal ; but after a time, greater or less in different individuals, reaction sets in, manifested by fever, hot skin, strong and rapid pulse, &c., &c. At the commencement of this stage is the proper time for bleeding or other depletion, in suitable cases, but if the collapse should become alarming, and the patient evidently sinking, as sometimes occurs from lack of sufficient stamina to bring on

reaction, then stimulants, as ammonia, brandy, &c., should be administered in small doses, and often repeated, till reaction comes on. This state often supervenes on surgical operations of any importance. In treating wounds it must be remembered that the blood is propelled with great force through a set of strong cartilaginous tubes called the "arteries." When one of these is wounded the blood rushes from it with great force and in jets corresponding to the beats of the heart. This is the reason why the wounds of the arteries are so dangerous, as from the force with which the blood escapes it will not stop of its own accord, unless the wounded artery is an exceedingly small one. The arteries run quite deep in the flesh, close to the bone and the blood in them is of a bright scarlet color. After the force of the heart has been spent, the blood flows back in a gentle current through the veins, which run mostly near the surface and close beneath the skin; it is now of a dark crimson tint. These facts will illustrate and explain some of the previous directions under the heads of "Bleeding," "Wounds," &c. A Tourniquet, though not always supplied with medicine chests, except by request, is in some cases of accident, invaluable, as it will instantly arrest the most formidable bleeding from wounds in the limbs, and give time to devise proper measures to save life. In fact, a humane and intelligent commander of a vessel well understands that in nothing will economy so surely defeat its own

object as in furnishing his medicine chest. Judicious expenditure in having it well filled out and supplied, and a little care in keeping it in order, is in the end always repaid with interest, and satisfaction, when the occasion arrives for its use.

As many articles are often inquired for that are not put in medicine chests unless particularly ordered, such, and any other medicines will at all times be furnished when desired. Having the agency of all the popular remedies they may be relied on as genuine and will be furnished on the most reasonable terms

Haynes' Arabian Balsam.

Ayer's Sarsaparilla.

Schenck's Sea Weed Tonic.

Davis' Pain Killer.

Peruvian Syrup.

Plantation Bitters. .

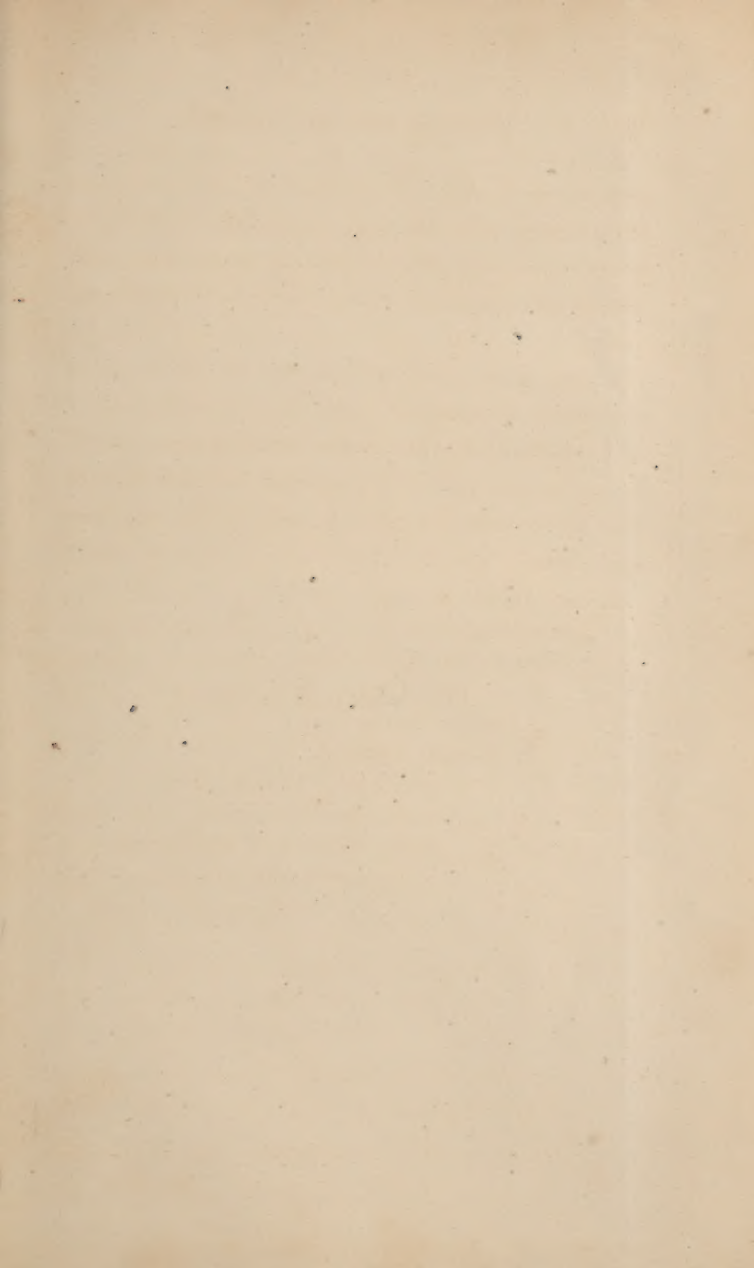
Wright's Indian Vegetable Pills.

Constitution Water.

Wistar's Balsam of Wild Cherry.

Osgood's Indian Cholagogue.

Vegetable Pulmonary Balsam.





WITHDRAWN

